

CLAIMS

What is claimed is:

1. A fitness expander comprising

5 two handles,

at least two through holes are arranged on the two handles respectively, corresponding to each other,

a metal fastening ring is positioned on each of the through hole,

a hollow hose is inserted through the through holes with an anti-slip device mounted

10 on each of the two distal ends of the hollow hose; the hollow hose is expanded by the anti-slip device and is leaning on the metal fastening ring for being fixed on the handle; wherein the present invention is characterized in that:

the anti-slip device is a soft and hollow cone with a plurality thin and elastic rings mounted on the circumference thereof; while the hollow hose is pulled, the thin and

15 elastic rings of the anti-slip device deform and contact the inner surface of the hollow hose in a plane so as to avoid the worn-out of the hollow hose caused by the metal fastening ring.

2. The fitness expander as claimed in claim 1, wherein the cone of the anti-slip device

20 having two small cones arranged in opposite position.